



3 LOCATIONS - 1 MEMBERSHIP - 0 EXCUSES



Special Offer for State of Iowa Employees!

Join ARFC July 8 – August 13th, 2010 and receive 75% off your initiation fee! All memberships also include a complimentary personal training session!

Single membership: \$49 to join (reg. \$199), \$49/month

Couple membership: \$75 to join (reg. \$299), \$64/month

Family membership: \$75 to join (reg. \$299), \$79/month

*not valid on previous purchases

Your membership will give you access to:

- Three convenient locations in Ames
- Indoor heated pool for lap swimming, aqua fitness classes, FREE family swim time for newborns-age 11 and private swimming lessons*
- More than 70 FREE group fitness classes per week including Cardio Dance, Yoga, Pilates, Step, Kickboxing, Spinning, Cardio Cross Train
- Flat screen televisions on each piece of cardiovascular equipment
- User friendly machine weights and free weights
- 24/7 location available*
- Fully equipped locker rooms with showers, saunas and steam rooms
- Nursery and Kids Gym for children ages newborn-11*
- Indoor tennis and racquetball courts*
- Certified personal trainers*
- Massage therapy*
- Dry cleaning*

*extra fee applies

Please contact Beth Henningsen at Ames Racquet and Fitness Center North (2622 Stange Road) at 292-4741 or bethh@amesracfit.com with any questions or to get started today. This offer is valid through August 13, 2010.